Adverse Childhood Experiences and Health and Well-Being Over the Lifespan

This chart shows the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACES) result in long-term disease, disability, chronic social problems and early death. 90% of public mental health clients have been exposed to multiple physical or sexual abuse traumas. Importantly, intergenerational transmission that perpetuates ACES will continue without implementation of interventions to interrupt the cycle.

Adverse Impact of Trauma and Long-Term **Adoption of Health** Childhood Consequences of **Risk Behaviors to** Unaddressed **Experiences Ease Pain of Trauma** Trauma Abuse of Child Neurobiologic Effects Disease and of Trauma Disability Psychological abuse ·Disrupted neuro-•Ischemic heart Physical abuse development disease •Sexual abuse Difficulty controlling Cancer Anger - Rage Chronic lung Trauma in Child's Hallucinations disease Household Depression Chronic Environment emphysema •Panic reactions Substance abuse Asthma Anxiety Parental separation •Liver disease ●Multiple (6+) somatic and/or divorce problems Skeletal fractures •Mentally ill or suicidal Sleep problems •Poor self rated household member Health Impaired memory Violence to mother Sexually transmitted Flashbacks Imprisoned household disease member Dissociation •HIV/AIDS Social Problems Neglect of Child Health Risk Behaviors Homelessness Abandonment Smoking Prostitution Child's basic physical Severe obesity and/or emotional •Delinquency, Physical inactivity needs_unmet violence and Suicide attempts criminal behavior Alcoholism •Inability to sustain employment -•Drug abuse welfare recipient ●50+ sex partners •Re-victimization: Repetition of original rape; domestic violence trauma Self-injury •Inability to parent Eating disorders •Inter-generational transmission of abuse •Perpetrate interpersonal ·Long-term use of violence health, behavioral health, correctional. and social services

Data`supporting the above model can be found in the *Adverse Childhood Experiences Study* (Center for Disease Control and Kaiser Permanente, see www.ACEstudy.org) and *The Damaging Consequences of Violence and Trauma* (see www.NASMHPD.org). Chart created by Ann Jennings, PhD. www.annafoundation.org